

Name _____ Date _____



Negative Blocks

Turning “Stumbling Blocks” Into Personal Growth by “Building Blocks” For “Personal Growth”

INSTRUCTIONS: Check the boxes on the left that reflect the *negative beliefs you have about yourself*. Cross out and rewrite any words in the margin or on the back to better explain any of your negative self-feelings. When done with this part of the exercise, return the form to Dr. Ruth and you will begin “**Building Blocks**” For “**Personal Growth**” by changing the negative internal self-beliefs into positive feelings of self-esteem.

- | | |
|--|--|
| <input type="checkbox"/> 1. I don't deserve love. | <input type="checkbox"/> 22. I am a failure (will fail). |
| <input type="checkbox"/> 2. I am a bad person. | <input type="checkbox"/> 23. I deserve to be miserable. |
| <input type="checkbox"/> 3. I am terrible. | <input type="checkbox"/> 24. I have to be perfect (please everyone). |
| <input type="checkbox"/> 4. I am worthless (inadequate). | <input type="checkbox"/> 25. I am permanently damaged. |
| <input type="checkbox"/> 5. I am shameful. | <input type="checkbox"/> 26. I am ugly (my body is hateful). |
| <input type="checkbox"/> 6. I am not lovable. | <input type="checkbox"/> 27. I should have done something. |
| <input type="checkbox"/> 7. I am not good enough. | <input type="checkbox"/> 28. I did something wrong. |
| <input type="checkbox"/> 8. I deserve only bad things. | <input type="checkbox"/> 29. I am in danger. |
| <input type="checkbox"/> 9. I cannot be trusted. | <input type="checkbox"/> 30. I cannot stand it. |
| <input type="checkbox"/> 10. I cannot trust myself. | <input type="checkbox"/> 31. I cannot trust anyone. |
| <input type="checkbox"/> 11. I cannot trust my judgment. | <input type="checkbox"/> 32. I cannot let it out. |
| <input type="checkbox"/> 12. I cannot succeed. | <input type="checkbox"/> 33. I do not deserve _____ |
| <input type="checkbox"/> 13. I am not in control. | _____ |
| <input type="checkbox"/> 14. I am powerless (helpless). | _____ |
| <input type="checkbox"/> 15. I am weak. | <input type="checkbox"/> 34. It's not okay to feel (show) my emotions. |
| <input type="checkbox"/> 16. I cannot protect myself | <input type="checkbox"/> 35. I cannot stand up for myself. |
| <input type="checkbox"/> 17. I am stupid (not smart enough). | <input type="checkbox"/> 36. I am different (don't belong). |
| <input type="checkbox"/> 18. I am insignificant (unimportant). | <input type="checkbox"/> 37. I should have known better. |
| <input type="checkbox"/> 19. I am a disappointment. | <input type="checkbox"/> 38. I am inadequate. |
| <input type="checkbox"/> 20. I deserve to die. | |
| <input type="checkbox"/> 21. I cannot get what I want. | |